

November 2005

TO: State of Michigan Employees
RE: Wellness Program Offerings for HealthPlus of Michigan members

The following services are available to State of Michigan employees who are looking for lifestyle intervention information and health information services.



Get Healthy!

At HealthPlus of Michigan, our corporate vision is “A Healthier Community”. With our health care partners, we work hard every day to provide quality health care services. We also know one of the keys to a healthier community is knowledgeable members who good health decisions every day.

We have added new tools and programs to help our members have access to this information at their fingertips. Our new Online Member Wellness Center located at www.healthplus.org “My HealthQuest” offers tools and health information at the “click” of a mouse. Instant access and feedback. Make “My HealthQuest” your primary source for health information by adding it to your “favorites” today and visiting it often.

MENU OF OPTIONS

My HEALTHQUEST – Online Member Wellness Center

My HEALTHQUEST:

HealthPlus of Michigan has launched a new member Online Wellness center that will allow member to know have access at their fingertips to all types of health information tools, programs, and interactive education to help members learn more about their health and how they can help managed their health. My HEALTHQUEST offers current health news, personalized risk assessments, health quizzes and calculators, wellness centers for improving your health, daily health tips and more. We want MY HEALTHQUEST to be a daily final destination page that you go to for all your health care questions and health management tools. Select the following link <https://healthplushra.staywellsolutionsonline.com/> and make it one of your “favorites” that you come back to day after day.

- Instant access to over 3000 health topics
- Access to 400 common conditions & diseases
- Instant access to HealthQuest Programs
- Manage your health risks such as weight or hypertension
- Set up reminder systems on health events for your family
- Get daily updated health news

HEALTHQUEST Profile:

Each family member 18 years and older can annually complete the HealthQuest Profile (HQP). HQP is a health risk appraisal designed to help members identify risk factors which may be impacting their health, and offer strategies to manage or reduce the impact of the risk factors to improve an person's health. The HQP can be taken online or in paper format. If taken online, the member receives immediately a report that guides members to resource to help members focus on their major health risks. HQP is a confidential risk assessment. To access your online HQP go to **HealthQuest Profile (Member HRA Log In)**

http://www.healthplus.org/staywell_entry.html?url=https%3a%2f%2fhealthplushra.staywellsolutionsonline.com%2fYourHealth%2f , register, select the My HealthQuest button, then choose HealthQuest Profile from the menu. To get a paper HQP sent to your home, email us at email us at hquest@healthplus.org , or call at 1-800-345-9956 extension 2118.

Online Personal Health Record:

Each family member 18 years and older can open their own online Personal Health Record.(PHR). The PHR is a tool that allows members to enter health information and health history of medications, medical tests, allergies, immunizations, medications, insurance and contacts. The PHR allows members to track this information over time. The PHR becomes a health record that members manage, keep and print reports. No more searching for an immunization date or a medication. You have the information at your fingertips to print and provide any time you need it. To access your PHR go to **Personal Health Record (Member Log In)**

http://www.healthplus.org/staywell_entry.html?url=https%3a%2f%2fhealthplushra.staywellsolutionsonline.com%2fYourHealth%2f , register, select the My HealthQuest button, then choose Personal Health Record from the menu.

Goal Setter and Reminders:

Each family member 18 years and older can open their own utilize the online Goal Setter and Reminders link. These tools allow members to set health management goals, keeps records of progress as well as setting up reminders to show in their "MY PLACE" link or send them directly to their personal email. Members can remind themselves of physician appointments or blood pressure measurements that need to be monitored as often as they wish. To access your Goal Setter and Reminders go to **Personal Health Record (Member Log In)**

http://www.healthplus.org/staywell_entry.html?url=https%3a%2f%2fhealthplushra.staywellsolutionsonline.com%2fYourHealth%2f , register, select the My HealthQuest button, and choose Goal Setter or Reminders from the menu.

HealthQuest Tobacco Cessation Program:

The Tobacco Cessation Program provides tobacco users information on the benefits of ending their smoking habit, as well as offer assistance with the quitting process. To help tobacco users quit, they can choose from telephone counseling, self-directed education kits, Internet programs, community classes, and/or prescription coverage. Learn more about our Tobacco Cessation program or enroll online at

<https://healthplushra.staywellsolutionsonline.com/Wellness/Smoking/> , or email us at

hquest@healthplus.org . To enroll by phone, call 800-345-9956, extension 2760. All cessation program services are free to members.

HealthQuest Weight Management Program:

A variety of Weight Management programs, services and information are available to members and their families. Included are structured programs, community programs, online interventions and services, sample healthy shopping lists, BMI calculator, and free online healthy cookbooks and recipes. To learn more about our services, go to our website

<https://healthplushra.staywellsolutionsonline.com/Wellness/Weight/>,

The HealthQuest Weight Reduction Program: *Healthy Weigh*

The HealthQuest Weight Reduction Program is designed to help eligible members lose weight. You can choose from many different ways to help you lose weight. The program is free to all eligible members. To find out if you are eligible, call 1-800-345-9956, extension 1943, and select option 3. You can also email us at hquest@healthplus.org.

Community Weight Management Program Discounts

HealthPlus has negotiated discounts for weight management services in the community. These classes and programs are not covered benefits and HealthPlus members will be responsible for any costs. You must show your HealthPlus of Michigan card at registration. Please call the location for details and to register.

- **Weight Watchers:** in the counties of Genesee (City of Flint) and Saginaw (City of Saginaw) 12-week prepayment package for \$126.00; Call 888-3-FLORINE (888-335-6746)
- **Diet Workshop:** Genesee County
\$10.00 Registration fee, and \$8.00 weekly fee; Call 810-230-9551

Confidential Mental Health Screening Service – Telephone and Web:

The mental health screening service is designed to help you and your family recognize mental health issues anonymously. The screenings are free and available using a telephone or from the HealthPlus web site. Screening results will help members determine whether to see a doctor or behavioral health professional for a complete clinical evaluation. Each screening takes between 4 to 5 minutes to complete.

- Telephone Screenings are available for alcohol and depression. Call toll free to 800-216-2716.
- Website screenings are available at the HealthPlus website for depression, manic-depression, alcohol problems, eating disorders, anxiety, and post-traumatic stress disorder. Go to our website at <https://www.mentalhealthscreening.org/screening/login.asp?keyword=HEALTHPLUS>

Michigan on the Move /Activity /Healthy Eating Online Program:

HealthPlus of Michigan has partnered with America on the Move (AOM) to get the Michigan citizens off the couch and moving. AOM is a fun program that incorporates two things: 1) increasing your activity by 2000 steps per day and 2) cutting 100 calories per day – into your routine and you'll be on the road to a healthier, stronger body.

AOM tracks your progress online. Here are some of the benefits:

- Active Living section – daily current news, articles and tracking tools
- Healthy Eating section – articles, recipes and tracking tools
- Personalized Goal-setting section – set your daily exercise goals. The system helps you chart with a daily and monthly journal
- Move Mates – (opt-in) support feature to view and share with a partner progress status with others and send instant e-mail messages

To sign up, go to the HealthPlus of Michigan website at www.healthplus.com. Click the **Health and Wellness** button on the left and then choose the **America On The Move** link. This will take you to a program description and link you to the AOM website. Once you link to **AOM**:

1. Click **"Join Now"**
2. Select **"Individual"** registration
3. Use Registration Code: **RHE6944**
4. Finish registering

This will add you to the HealthPlus of Michigan group. HealthPlus will be the administrator of the group, but will never receive information about individuals. HealthPlus will receive aggregate reports on number of participants and total steps/miles tracked.

GlobalFit Fitness Center Discount Program:

As a HealthPlus member, you have access to our fitness center discount program throughout the state of Michigan. Through GlobalFit, you can access fitness centers that have agreed to offer the lowest guaranteed discounts to their facilities at up to 60% on monthly dues. To access the membership information hit the following link <http://www.globalfit.com/hphq/>. At the website you can identify fitness centers near your home or work., the level of discount offered, access free one day passes, and receive other discounts on equipment, fitness gear and more. If you have questions about the program, email us at hquest@healthplus.org.

HealthQuest Health Resource Loaning Library:

As a HealthPlus member, you have access to over 250 books, videos, and audiocassettes through the Health Resource Loaning Library. The library works just like a public library, but from the comfort of your own home. The library is a free service with all postage paid by HealthPlus. For a complete library listing, please call at (800) 345-9956 extension 1943 and select option 5; or send an email to hquest@healthplus.org. You can also access our library listing by going to the HealthPlus of Michigan website at http://healthplus.org/health_resource_library.html.